

**ABSTRACT OF THE DISCLOSURE**

An inner sole for an article of footwear that is capable of being removed therefrom, the sole having an upper surface adapted to support the user's foot, and a lower surface resting at the bottom of the article of footwear, the sole having an anti-slip insert positioned in the area of the metatarsophalangeal articulation and including an abrasive paper positioned in a recess of the lower surface. The invention is also directed to a sports boot, such as a ski boot, equipped with such an inner sole.